



2014 USARS Rule Book

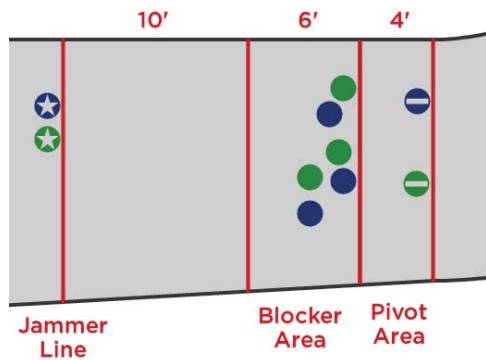
Cheat Sheet

The Jam

Jams start with a single whistle and last a maximum of ninety (90) seconds. Breaks between jams last a maximum of thirty (30) seconds, but the next jam may start as soon as all players are in position.

Prior to the start of a jam, pivots must be within the Pivot Area, blockers must be within the Blocker Area, and jammers must be behind the Jammer Line.

Players out of compliance at the jam start will be excluded and waved off the track for the duration of the jam. No penalty will be given to excluded players.



Penalties

All penalties carry a thirty (30) seconds trip to the box. No impact, no penalty is used. After seven (7) penalties during a game, regardless of periods, the player fouls out.

Direction and Continuous Motion

During the jam, all players must continuously skate in a counterclockwise direction, clockwise is not permitted at any time. Players can skate facing any direction as long as her/his movement is still counterclockwise.

Stopping or standing on the track is not allowed unless the player momentarily stops while changing direction, recovering from a block, is trying to avoid a collision or is yielding to the pack after a cut.

If a player is ahead of the pack, she/he cannot stop to wait for the pack; she/he can slow down and wait but must continue moving forward.

Active and Lead Scorer

Jammers gain active scorer status once they legally complete their initial pass and “emerge” from the pack. They emerge when they are 10 feet ahead of the foremost blocker in the pack.

Pivots can “break” from the pack and gain active scorer status if the opposing jammer is already active scorer and they are part of the pack at that time. If a pivot breaks, her/his team’s jammer becomes a blocker for the remaining of the jam. No player should remove her/his helmet cover during play.

The first jammer to emerge will be declared lead scorer, but the lead status may change at any time if the lead scorer is legally passed by the other scorer or if the lead scorer is sent to the penalty box.

A jammer does not have to be on the track in order for her/his pivot to become active scorer.

Calling the Jam

A lead scorer has the right to call the jam. However, she/he must first pass at least one opposing Blocker (during the first scoring pass) and must be in the upright skating position and in bounds in order to do so.

Cutting the Track

A player who is hit out of bounds must re-enter without improving her/his position relative to where she/he left the pack.

If a player does improve her/his position after re-entering, then she/he will receive a warning and must exit the track and then slow down or stop in order to yield to all players in the Pack before re-entering.

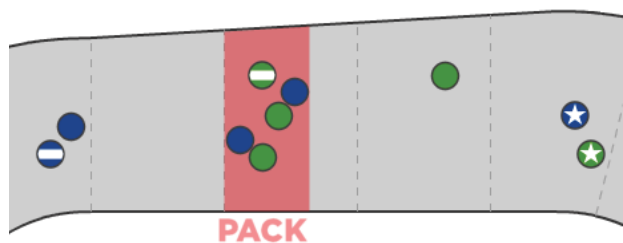
If an Active Scorer cuts an opposing Active Scorer while not in the Pack, he/she will receive the same warning and must yield to the Active Scorer who she/he cut in the first place.

Jammer or Pivot in Penalty Box

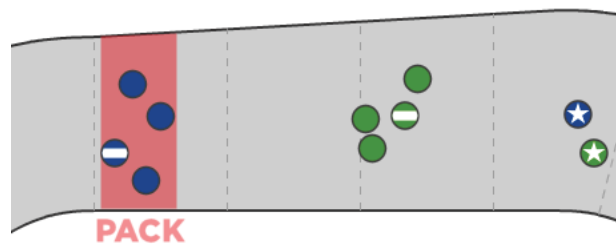
Penalty box seats are not designated for active scorers. Penalties are assigned to the individual, not to the position. This means that jammers and pivots who are serving a penalty at the end of a jam must remove their helmet covers and finish serving their penalty while their team can field a jammer and a pivot.

Pack Definition

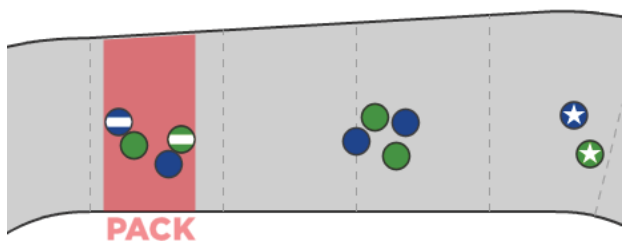
The pack is the largest group of blockers when the group comprises players of both teams in proximity (10 feet) to one another.



If two or more groups exclusively comprise players from the same team, the pack is the group most forward on the track.



If there is no group that is larger than the others, the group most forward on the track is the pack.



Basically, there is always a pack and the advantage is given to the team who controls the front. If an entire team slows down, the other team will become the pack and they will not be able to block.

Want to learn more?

Download the 2014 USARS Roller Derby Rules from the Team USA website:

www.teamusa.org/usa-roller-sports/resources/rules/roller-derby-rules.aspx

Visit the official USARS website at:

www.teamusa.org/usa-roller-sports.aspx

You can also join the USARS Roller Derby Rules Facebook Group and get answers and clarifications directly from the USARS Roller Derby Sport Committee members:

www.facebook.com/groups/usarsrules/

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